

BOOT CAMP FOR BOOMERS



THE HEALING POWER OF MEDITATION

Guest speaker: Dr. Matthew Raider

Matthew Raider, MD is a, clinical physician and coordinating director of the Geriatric Teaching Program in Family Medicine at Middlesex Hospital in Connecticut. He has been practicing meditation for over 35 years. Dr. Raider presents the latest clinical research on how meditation can improve our physical, mental and spiritual health. This evening you will have a chance to practice this simple technique that can reduce stress, enhance relaxation and promote inner growth.

Tuesday, February 10, 2014

5:30pm to 7pm

Supper at 5:30pm for only \$6 – BBQ Chicken!

Presentation from 6pm to 7pm

Please register and pay by February 6, 2015

(860)441-6785

Discover the Groton Senior Center

